

It's Never Too Late For Prevention: Evidence-Based Health Programs



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Today's Agenda

- About NCOA
- Key Trends: Older Adults and Health
- Evidence-Based Health Promotion
 - What it is
- Evidence-Based Program Example
 - Chronic Disease Self-Management Program





NCOA - National Council on Aging

NCOA is a nonprofit service and advocacy organization.

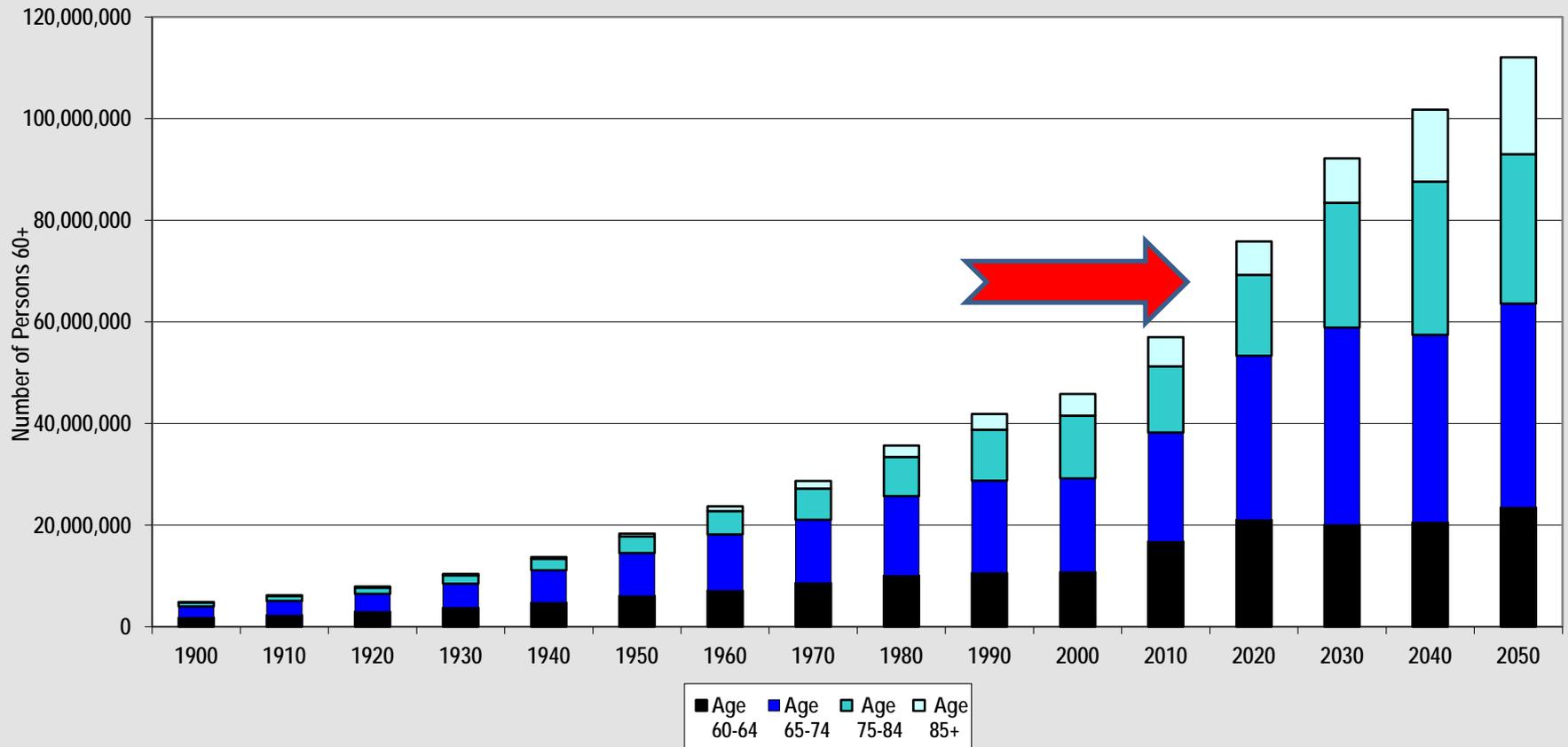
Our mission is to improve the lives of millions of older adults, especially those who are vulnerable and disadvantaged.



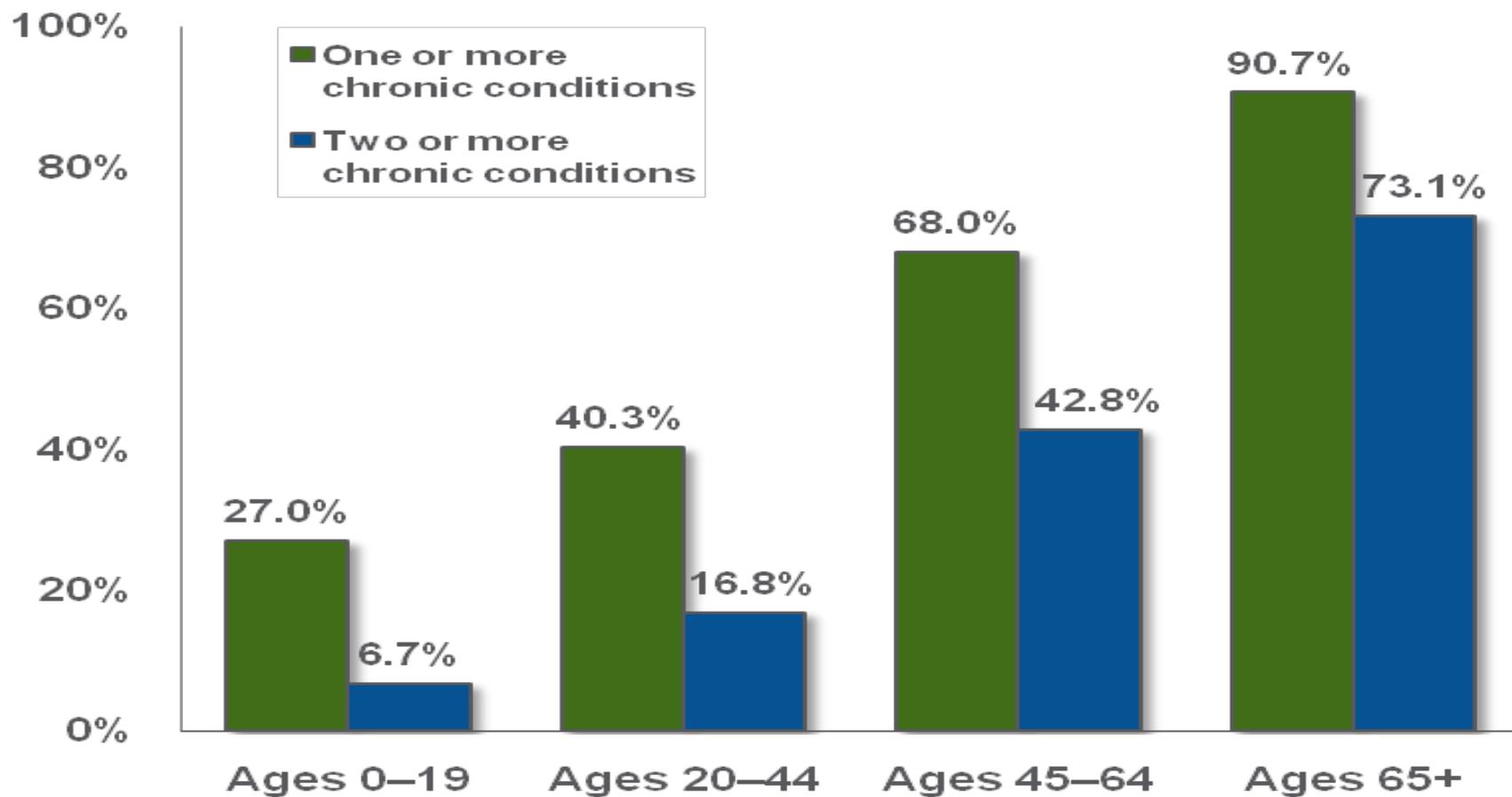
Trend: Demography is Destiny

Population 60+ by Age: 1900-2050

Source: U.S. Bureau of the Census



Trend: Growing Epidemic of Chronic Diseases



Trend: Changing Nature of Health Care



Trend: Changing Nature of Health Care



WebMD

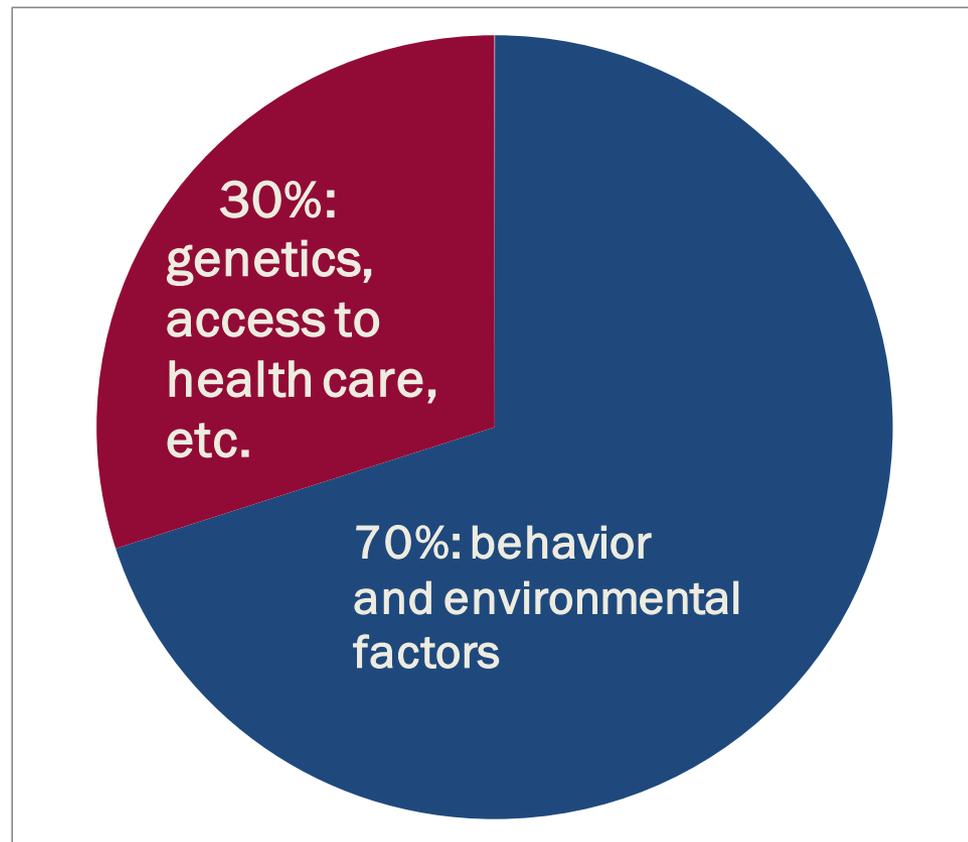


Trend: Growing Emphasis on Staying Healthy



Key Risks for Chronic Conditions

- Smoking
- Poor diet & nutrition
- Physical inactivity
- Falls
- Alcohol & substance abuse
- Stress
- Social isolation





Making A Difference

“Even the highest quality provision of care to individuals with multiple chronic conditions (MCC) alone will not guarantee improved health outcomes for this population. Individuals must be **informed, motivated, and involved** as partners in their own care. Self-care management can be important in managing risk factors that lead to the development of additional chronic conditions.”

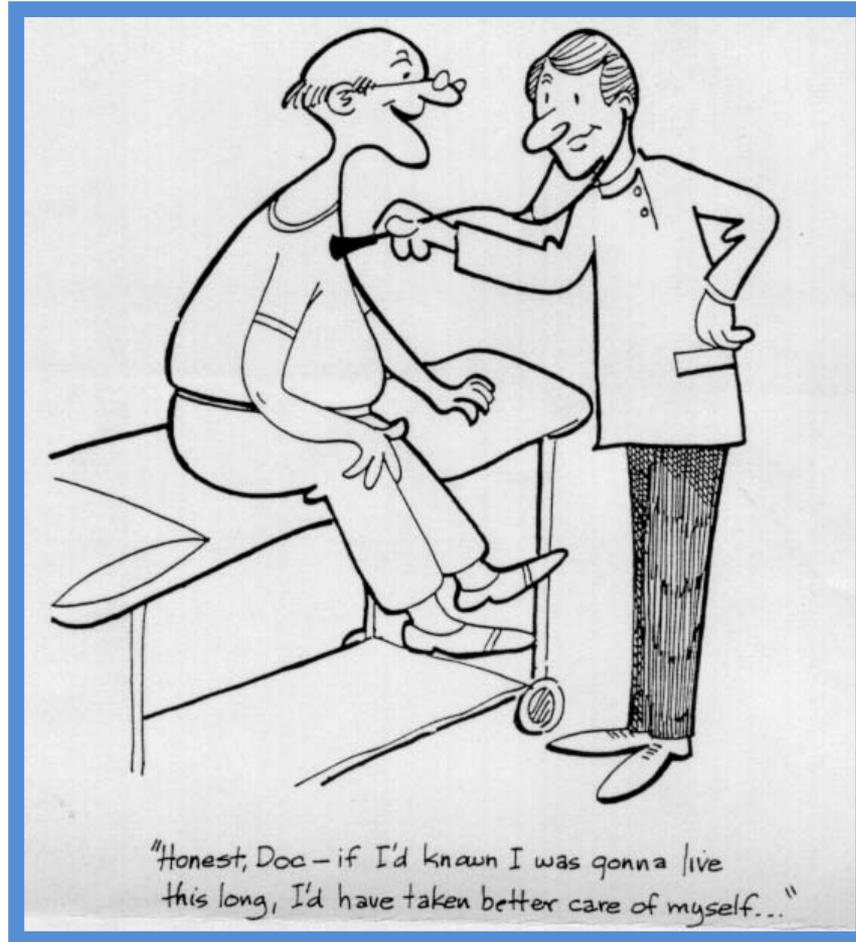
DHHS MCC Framework



Chronic Disease Self-Management Means...

- Taking care of your illness (using medicines, exercise, diet, technology, physician partnership)
- Carrying out normal activities (employment, chores, social life)
- Managing emotional changes (anger, uncertainty about the future, changed expectations and goals, and depression)

“Honest, Doc – if I’d known I was gonna live this long, I’d have taken better care of myself...”





What is Evidence?

- Evidence that a health issue exists



SOMETHING should be done

- Evidence that programs are effective



THIS program should be done

- Evidence about design, context, and attractiveness of program



This is HOW it should be done





Common Program Elements

- Make the new behavior as *easy* to do as possible
- Help participants develop *individualized action plans or routines*
- Provide *structured reinforcement* to monitor (and celebrate!) progress
- Provide *support* through group-based programming
- Use *peers* to help reinforce desired behavior

Multi-Sector Collaboration

- Public, Private, National, Regional, Local
 - Aging
 - Public health
 - Mental health
 - Health care
 - Housing
 - Education
 - Employment
 - Academia
 - Philanthropy



Some Evidence-Based Health Promotion Programs for Older Adults

PHYSICAL ACTIVITY

- AF Exercise
- EnhanceFitness
- EnhanceWellness
- Fit and Strong!
- Healthy Moves
- Stepping On
- Tai Chi
- Walk with Ease

DEPRESSION MANAGEMENT

- Healthy IDEAS
- PEARLS

FALL RISK REDUCTION

- A Matter of Balance

NUTRITION

- Healthy Eating

DRUG AND ALCOHOL

- Brief Interventions for Alcohol Misuse
- Medication Management Improvement System (MMIS)

Stanford University's Chronic Disease Self-Management Program (CDSMP)

- Background
 - Over 20 years of proven impact
 - 'Gold standard' of evidence-based programming
 - Offered locally and worldwide



CDSMP – A Proven Program

- Premise – people with ongoing health conditions
 - Have similar concerns and problems
 - Deal not only with their condition, but its impact on their lives on emotions
 - Can teach the workshop as effectively as health professionals



CDSMP – A Proven Program

- Program basics
 - Six weekly sessions
 - Peer facilitated
 - Opportunities for discussion and problem solving
- Workshop topics include:
 - Exercise and nutrition
 - Medication usage
 - Stress management
 - Talking with your doctor
 - Dealing with emotions and depression



CDSMP – A Proven Program

- Skill-building components
 - Goal setting
 - Brainstorming
 - Problem solving
 - Feedback and sharing



CDSMP – A Proven Program

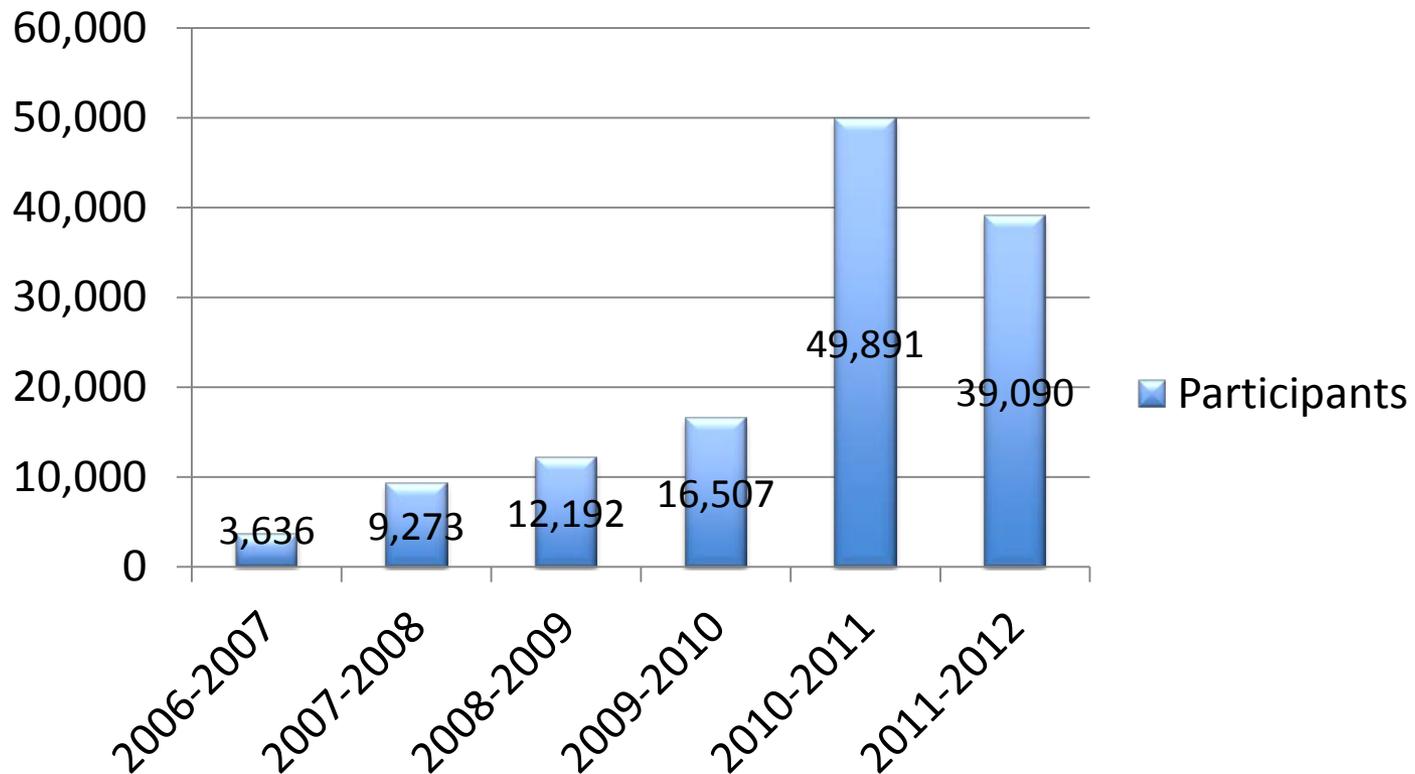
- The benefits of CDSMP:
 - Better health
 - Reduced healthcare spending
 - Improved quality of life



Participants regain control of their life and do the things that matter to them!

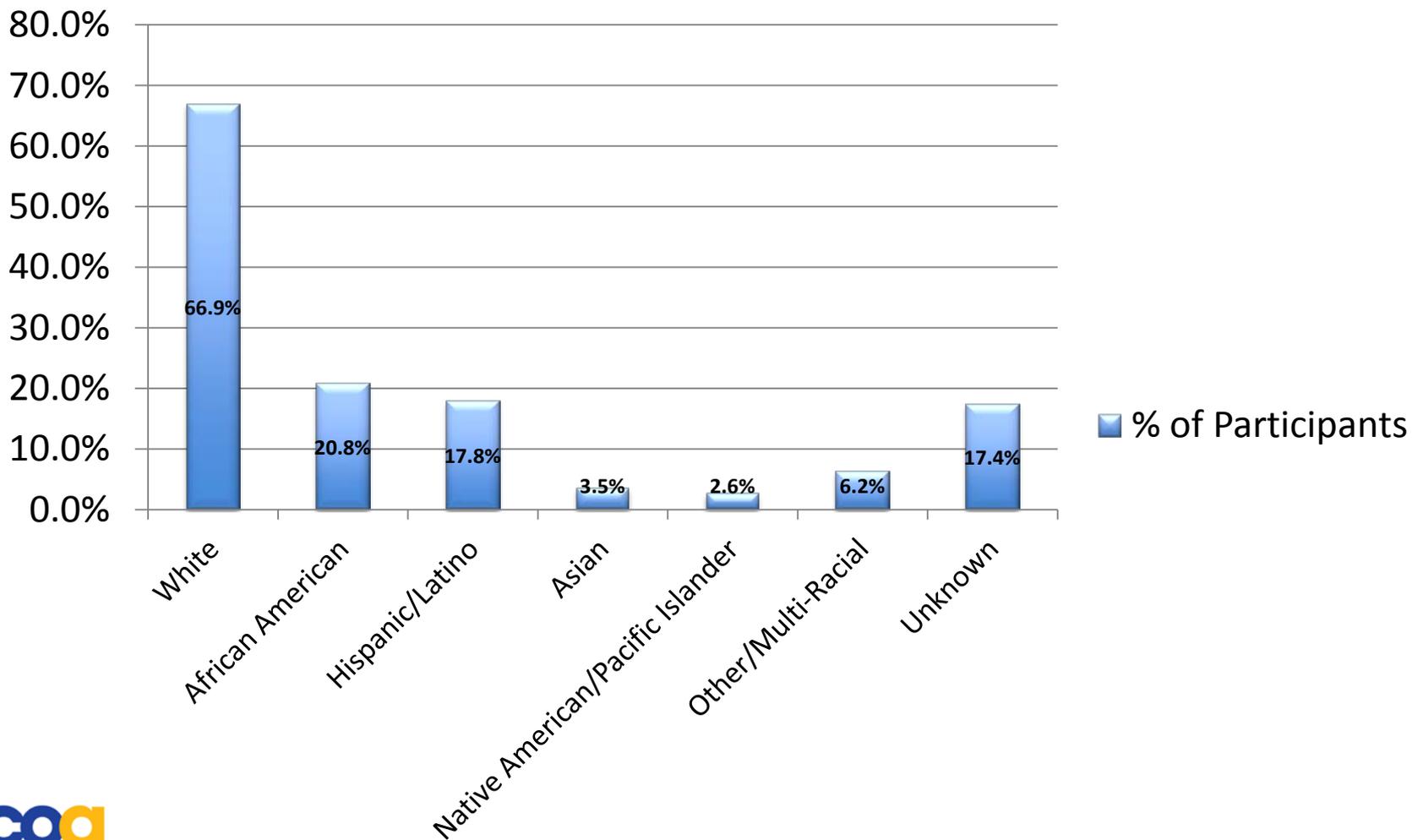
CDSMP Participants Reached

- More than 130,000 participants enrolled in CDSMP!





CDSMP Participant Racial/Ethnic Demographics



CDSMP Participant Characteristics

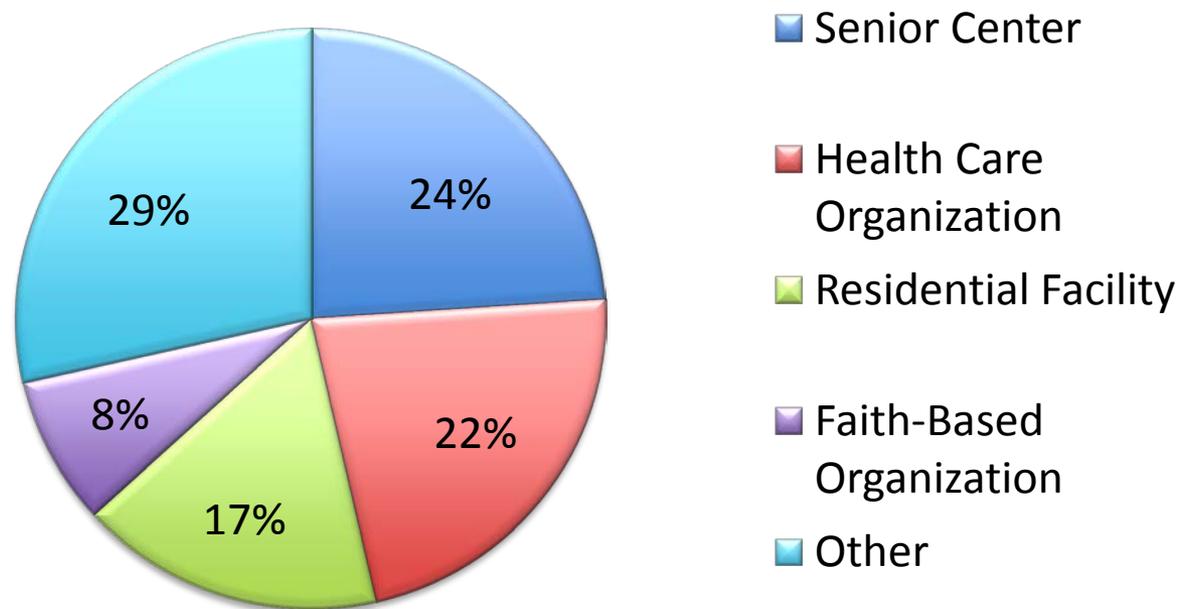
Characteristic	Percent of Total
Age 60+	74%
Gender Female	78%
Living Alone	46%
Racial/Ethnic Minority Group	34%
Multiple Chronic Conditions	60%



CDSMP Implementation Sites

- More than 9,115 workshops held at over 5,700 unique implementation sites

% of Workshops



Thank You!

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Visit our Website:

www.ncoa.org

